



APRIL, 2017

THE FRANKLIN Connection

M O N T H L Y N E W S L E T T E R



PREVENTION PROGRAMS SIGN UP TODAY!

TICK TALK Apr. 12 at 11 am

Actor/Songwriter Kris Kristofferson was recently in the news for his "Miracle Recovery from Alzheimers". After being treated for Alzheimer's for years, he was actually found to have Lyme Disease, and not Alzheimer's! Could you or a loved one have been misdiagnosed with a terrible disease that is actually Lyme? Find out why Lyme Disease is called the "great imitator" and what you can do to ensure that you are getting a proper diagnosis, while protecting yourself against this and other tick-borne illnesses.

BALANCE CLASS Apr. 26 at 11 am

Falls are the leading cause of fatal and non-fatal injuries in people, age 65 and older, and send 3 million seniors to emergency departments each year! Did you know there's a way to improve your balance and minimize your risk of falls? Come learn about a FREE, 5-week resistance band program being offered in May. This class is proven to help with balance instability and muscle strength and has been filled to capacity in the past. Sign up today!



OPTIONS FOR THOSE WITH LOW VISION

**LOW VISION SUPPORT GROUP
Apr. 13 at 1:00 p.m.**

Our guests from the **Talking Information Center** explain the many services they provide including broadcasts of local news, articles, and items of interest to visually impaired and otherwise disabled listeners. Please call to sign up.

**COMMUNITY ESSENTIAL SKILLS
APR. 26**

This 7-week course is offered to those aged 55 and older who are visually impaired. The course teaches independent living skills, including: Safety & Mobility, Personal Management & Medication Organization, Kitchen Safety & Labelling, Cooking & Eating, Time & Money Management, Recreation & Leisure. Classes are led by a Certified Vision Rehab Therapist and an Occupational Therapist, and participants try adaptive equipment and learn new techniques. Please call Maggie Gundersen for more info.

The Franklin Senior Center

10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038

PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am-4:00pm

The Common Grounds

Café

Breakfast 8:30-10:00am
Lunch 11:30-1:00pm

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Improved
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Mon-Fri 10:am-2:00pm



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franklinseniorcenter

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@FranklinSrCntr

TOWN WEBSITE:

<http://www.franklinma.gov/franklin-senior-center>

UPCOMING EVENTS....

MONDAY, APR 3: GENEALOGY WORKSHOP with Toni at 10:00 a.m.; use our Computer lab for research.

MONDAY, APR. 3: BOOK DISCUSSION GROUP discusses *The Blue Spool of Thread* by Anne Tyler at 10:30 a.m.

FRIDAY, APR. 7: THE SOCIAL CIRCLE meets at 10:00 a.m. Our latest project involves calling elderly (over 90) residents on their birthdays; call if you would like to help. We also provide Senior Center tours and a "Buddy System" for newbies who would like to attend an activity or program; call for more info. *You've got a friend!*

FRIDAY, APR. 7: HELP WITH SMARTPHONES & TABLETS offered by Horace Mann students at 2pm; call to sign up.

WEDNESDAY, APR. 12: TICK TALK with Wellness Nurse, Linda Hastings; see page 1.

WEDNESDAY, APR. 12: DIABETES SUPPORT GROUP meets at 11:00 a.m. Call to sign up.

THURSDAY, APR. 13: REP. JEFF ROY OFFICE HOURS from 9:00 - 10:00 a.m.

TUESDAY, APR. 18: LOW VISION SUPPORT GROUP at 1:00 p.m.; see page 1.



FRIDAY, APR. 21: PAINT A MASTERPIECE IN A DAY with **Darrell Crow**; 10:00 a.m. to 2:30 p.m. for \$25 includes all supplies. Sample of painting displayed at the Center. Please call to sign up.

THURSDAY, APR. 20: MEMORY CAFÉ, A POSITIVE PLACE at 3:00 p.m. A welcoming place where those living with memory changes can enjoy a few hours of socializing. We will plant spring flowers; call to sign up.

MONDAY, APR. 24: PINTEREST is a website where you can collect inspiring ideas about art, crafts, fashion, food and drink, home décor, science and travel, Do-It-Yourself projects, and lots more! Learn how at 1:00 pm.

WEDNESDAY, APR. 26: FALL PREVENTION with Wellness Nurse, Linda Hastings; see page 1.

FRIDAY, APR 28: KENTUCKY DERBY PARTY at 11:00 a.m. with entertainment by **Patrick Durkin**, pianist and vocalist and delicious Chicken Cordon Bleu for dinner. Prizes for the best Derby Hat! Tickets, \$6 through 4/17.

MONDAY, MAY 1: FAT IS NOT YOUR ENEMY! at 1:00 p.m. A quick trip through a grocery store confirms our obsession with no-fat and low-fat foods. Clearly low-fat options have not served us well, as we are also seeing higher rates of obesity and chronic disease in all ages. The reason is simple, not all fat is bad! Our bodies need healthy fats to help manage our moods, improve and preserve our cognitive function, fight fatigue and help control our weight. The answer isn't cutting out fat, it's learning to replace unhealthy fats with good ones that promote health and well-being. **Dawn Berthelette, Healthy Eating Specialist** from **Whole Foods**, offers practical tips for increasing the healthy fats in our diet. Please call to sign up.

FRIDAY, MAY 5: YELLOW DOT PROGRAM & SENIOR PHOTO ID CARDS at 11 a.m. with the Norfolk County Sheriff's Office. Yellow Dot gives emergency first responders at auto accidents vital medical information of crash victims. For the Photo ID, bring a valid MA drivers License, US Passport or RMV Photo ID. Call to sign up.

FRIDAY, MAY 26: MEMORIAL DAY BREAKFAST will be held here at the Senior Center; please call to sign up!

ACTIVITY UPDATE:

BOCCE STARTS ON APRIL 25 and is played on Tuesdays at 9:30 a.m. Just come by to play. If you prefer another day, call us to schedule it!

OPEN ART STUDIO IS BACK! Join us if you have an interest but not necessarily the skills to make arts or crafts. If you do make arts or crafts, come and share your skills. Adult coloring is also offered! Join us Thursdays at 1:00 p.m.

- ⇒ **REIKI** is now offered on Fridays at 10:00 a.m.
- ⇒ **CHAIR VOLLEYBALL** is now played on Mondays & Wednesdays; join the fun!
- ⇒ **ITALIAN CONVERSATION** offers instruction; Mondays at 9:30 a.m.
- ⇒ **BRAIN GAMERS** engage in fun, challenging games to keep their minds sharp.
- ⇒ **CORNHOLE (BEAN BAG TOSS) IS FUN!** Join us on Mondays at 9:00 a.m.
- ⇒ **NEW LINE DANCING CLASS** with **Suzy O'Coin**, Wednesdays at 1:00 p.m.; \$2
- ⇒ **SPANISH CONVERSATION** offers instruction; Tuesdays at 10:00 a.m.



**SENIOR
CENTER
WELCOME
TOURS!**

Call to arrange a Tour of the Center, and even a "Buddy" if you want to attend an activity or event!

DAILY SCHEDULE...

Monday	9am	Barber/Hairdresser	\$8/\$10
Monday	9am	Cornhole (Bean Toss Game)	Free
Monday	9am	Mexican Dominoes	Free
Monday	9am; 1st Monday	Genealogy Workshop	Free
Monday	9:30am	Italian Conversation	Free
Monday	10am	Mah Jong	Free
Monday	10:30am; 1st Monday	Book Club	Free
Monday	1pm	Volleyball	Free
Monday	1pm	Mah Jong	Free
Monday	1:15pm	Movies	Free
Tuesday	9am	Cribbage	Free
Tuesday	9:30am	Chair Exercise	\$2/class
Tuesday	9:30am	Busy Bees	Free
Tuesday	9:30am	Bocce	Fee
Tuesday	10am	Quilting	Free
Tuesday	10am	Spanish Conversation	Free
Tuesday	10am, by appointment	Manicures	\$8
Tuesday	10.45am	Cardio	\$3; free for Y members
Tuesday	12:30pm	Legal	Free
Tuesday	1pm	Bingo	.50/card
Tuesday	1pm	Cribbage Instruction	Free
Tuesday	1pm; 1st & 3rd Tuesdays	Chess; instruction offered	Free
Wednesday	9am	Trailblazers Walking Club	\$10 annual dues
Wednesday	9-11:00 am	Blood Sugar Testing	Free
Wednesday	10am	Quilting	Free
Wednesday	10am	Knitting: Instruction offered	Free
Wednesday	10am	Scrabble	Free
Wednesday	10am	SHINE (Health Insurance Counseling)	Free
Wednesday	10am	Chair Yoga/Meditation	\$3; free for Y members
Wednesday	11am; 2nd Wednesday	Diabetes Support Group	Free
Wednesday	12:30pm	Barber/Hairdresser	\$8/\$10
Wednesday	12:30pm	Zumba	\$3; free for Y members
Wednesday	1:00	Line Dancing	\$2/class
Wednesday	1:00	Chair Volleyball	Free
Wednesday	1pm	Senior Scribblers Writing Group	Free
Wednesday	4pm	Caregivers Support Group	Free
Thursday	9am	Bridge	Free
Thursday	9 - 12pm	Blood Pressure Clinic	Free
Thursday	9am	Cribbage	Free
Thursday	9:30am	Busy Bees	Free
Thursday	9:30am	Chair Exercise	\$2/class
Thursday	10am	Discussion Group	Free
Thursday	10:45am	Cardio	\$3; free for Y members
Thursday	1pm	Open Art Studio	Free
Thursday	1pm	Bingo	.50/card
Thursday	1:15pm	Tai Chi	\$5; free for Y members
Thursday	3pm; 3rd Thursday	Memory Café	Free
Friday	10am	Woodcarving	Free
Friday	10am	Brain Games	Free
Friday	10am	Reiki	\$10/15 minutes
Friday	11am	Zumba	\$3: free for Y members
Friday	12:30pm	TOPS, Taking Off Pounds Sensibly	\$32/year dues
Friday	1pm	Pokeno	Free
Friday	1pm; 1st & 3rd Fridays	Podiatry Clinic	Medicare & Copay
Friday	2pm	Silvertones	Free



**BREAKFAST
& LUNCH
served daily
in the
Common
Grounds
Café**

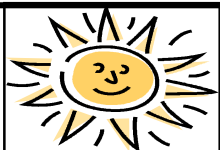


**CENTER
CLOSED on
4/17
&
CAFÉ
CLOSED on
4/28**



Supportive Day Program

THE SUNSHINE CLUB offers frail elders individual attention and socialization. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, or has dementia, call Carol Adiletto or Donna Haynes at (508) 520-4945 for more info.



The Sunshine Club

CAREGIVER'S SUPPORT GROUP - on April 12 & 26 at 4:00 p.m. Participation in the Supportive Day Program is not required for this group and respite care is available during the meeting. Call to sign up and to make a reservation for respite care.

MEMORY CAFÉ is offered on the third Thursday of the month at 3:00 p.m. This is a welcoming place where those with memory loss and their care partners can socialize and enjoy a pleasant time without stress or anxiety; call to sign up.

Monday Matinee



Movies shown on Mondays at 1:15 p.m.

APR. 3: PATRIOTS DAY (R) The story of how the FBI, local police, state police and local first responders worked together to track, identify and apprehend the Boston Marathon bombers; with Mark Wahlberg & Kevin Bacon.

APR. 10: JACKIE (R) When JFK is assassinated, Jackie boards Air Force One to Washington realizing her world and her faith is completely shattered. Traumatized and reeling with grief, she quickly realizes that the next seven days will determine how history will define her husband's legacy – and how she herself will be remembered.

APR. 24: LION (PG13) Five-year-old Saroo gets lost on a train that takes him thousands of miles across India, away from home and family. He must learn to survive alone, but is later adopted by an Australian couple. Years later, armed with a handful of memories, his determination, and new technology, he sets out to find his lost family and finally return to his first home; with Dev Patel & Nicole Kidman.

Trips...

Date	Destination	Details	Cost
4/6/17	Twin River Casino, Lincoln, R.I.	Enjoy slots & simulcast races and more!	\$5/person, transp. only
5/11/17	Whale Watch, Plymouth, MA	Enjoy an exciting cruise to see majestic whales with Captain John. Lunch at Anna's Harborside Grille.	\$45/person; for cruise & transportation.
5/24/17	Staying Alive, Bee Gees Tribute Band, Lake Pearl	A great concert with Choice of Stuffed Chix Breast or Baked Scrod.	\$69/person; DRIVE ON YOUR OWN
6/1/17	Twin River Casino Lincoln, R.I.	Enjoy slots & simulcast races and more!	\$5/person, transp. only

TRIP POLICY: Recreational trips are available for seniors, 50 years of age and over, and disabled residents. Payment for trips is due upon sign up at the Senior Center. Three business days are required to receive a full refund for day trips. Conditions vary for overnight trips.



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- Skilled Nursing & Rehabilitation Center
- Adult Day Health with New Memory Care Center Opening 2017
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Celebrate life...

For more information, call Alissa Suitum, LSW,
Director of Community Relations at 508.958.0301
or suituma@elderservices.com

New Adult Day Health Memory Care Center "Opening 2017"

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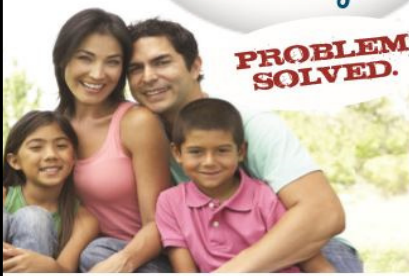
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Information & Referral...

⇒ IMPORTANT PRESCRIPTION ADVANTGAGE INFORMATION

A recent survey completed on behalf of the Prescription Advantage Program shows that MEDICARE Beneficiaries are not utilizing this valuable program to supplement their prescription drug plan coverage. **Remember!!** Prescription Advantage is the only program available to beneficiaries with low to moderate income that will help them when and if they reach the Prescription Drug Plan Coverage GAP. Members in Prescription Advantage can save thousands of dollars on their Drug Costs by enrolling in this program. It is important to stress this information at this time as events in Congress may in the near future, eliminate all assistance provided to the Medicare Part D Program by the Affordable Care Act. ***Be sure to ask your local SHINE Counselor about this important and valuable program. Call Prescription Advantage at 800-243-4636 (option 2) for more information or to apply. You can also apply on line at www.prescriptionadvantagemma.org.***



⇒ LOW VISION ASSISTANCE

The Franklin Senior Center has been awarded a grant from MCOA (MA Association of Councils on Aging), to offer training to those with low or no vision to help address their vision deficits. We have received equipment to help support that effort, and a room named in honor of Stella Jeon. Maggie Gundersen can provide one-on-one training as well as group support. For more information, please call Maggie at 508 520-4945.

⇒ HOME MODIFICATION LOAN PROGRAM

The Massachusetts Rehabilitation Commission offers 0% and 3% loans (up to \$30,000) to help Massachusetts homeowners make modifications to stay at home. Loans can help finance projects such as: Ramps, Stair lifts and wheelchair lifts, Kitchen and bathroom adaptations, Home security, hard-wired alarm systems, safety windows, and fences. With generous income guidelines, approximately 95% of borrowers qualify for a 0% loan with no monthly payments. Repayment is required when the home is sold or transferred. For more information, visit: www.cedac.org/hmlp ... or call Susan Gillam at 1-866-500-5599.

FOR TRANSPORTATION CALL:
KIESSLING TRANSIT 1-800-698-7676

FOR HOME DELIVERED MEALS
TRI-VALLEY ELDER SVCS 1-800-286-6640

- **Ed & Nancy Berger** for creating and donating a beautiful Valentines Gingerbread House.
- **Paul & Jane Farrell** for a generous donation in memory of **Violet Apalakian**.
- **Victoria & Jonathan Cohen** for a generous donation in memory of **Violet Apalakian**.
- **Jeanette Gianotti, Marilyn Wright, Nicholetta DiNunzio, Charmaine LaPrise, Ruth Ann Leon, Lucille Albert, Janet Whitten, Joan Cussen, Ginny Boncek, Marie Dalo, Stephanie Saunders, Joan Scaringella, Janice Cederquist, Richard Longobardi, Dotty Perchard, Miriam Bissanti, Marsha Bogdnachik, Lucy Semerjian, Cheryl Crowley, St. Mary's Prayer Shawl Ministry, Sue Gurrie, Lynda Strissel, Diane Callison, Marie Pettitt & Linda Falvey** for generous donations to our Gift Shop.

Thank You

COMPANION CAREGIVERS RESPITE PROGRAM



If you don't take care of yourself, you may not be able to care for your loved one! We offer a screened, trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour. This service provides socialization and stimulation for your loved one and respite for you. The first visit is free! Call Camille Rubino at (508) 520-4945 for more information.

Friends of Franklin Elders

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our membership drive is currently in swing! Thank you for your ongoing support of the Friends of Franklin Elders and our efforts to support the Franklin Senior Center.

Generous Donations

- ◆ Bruce & Eileen Watkins
- ◆ Martha Denyer
- ◆ Patricia Mahoney
- ◆ Richard & Janet Whitten
- ◆ Ronald P. Bucchanio
- ◆ Conrad & Barbara Caligaris
- ◆ Joyce Hutchinson
- ◆ Judith Muphy
- ◆ Vilma Pascucci
- ◆ Muriel Goyer

Memorial Donations

- ◆ MaryLou Degnim in memory of Paul Degnim
- ◆ Jan Jewett in memory of Chris Goguen
- ◆ Marion Arcaro in memory of Mario F. Arcaro
- ◆ Phyllis M. Biggs in memory of Gerald E. Biggs
- ◆ Anne Bissanti in memory of Anthony Bissanti
- ◆ Don Christy & the Christy Family in memory of Jane Christy
- ◆ Geri Cogliano in memory of Richard Cogliano
- ◆ June Diehl in memory of Robert Diehl
- ◆ Mary J. Foley in memory of Walter J. Foley
- ◆ Donald & Gloria Gelineau in memory of Bob Llewellyn
- ◆ Carol & Michael Giardino in memory of John Lavigne & John Giardino

Memorial Donations

- ◆ Pat Stevens in memory of Richard Stevens
- ◆ Carl & Karen Svendsen in memory of Jane D. Christy
- ◆ A. Taschereau in memory of Grace, Joseph, Frank, and Bartolo Rafino
- ◆ John Triolo in memory of Suzanne Triolo
- ◆ Louise Vozzella in memory of Joseph P. Vozzella
- ◆ Beverly Watts in memory of Leo & Christine Mulcahy
- ◆ Catherine Williams in memory of her family
- ◆ Andre Bonvin in memory of Myrtie Bonvin
- ◆ Bertha Gromelski in memory of Thomas Gromelski
- ◆ Joan C. Holmes in memory of Mabel & Chester Holmes
- ◆ Rita McCann in memory of Roger McCann
- ◆ Louise J. Breed in memory of Mark Young
- ◆ Margaret Natan in memory of Max Natan
- ◆ Ernestine V. Gilmore in memory of Howard A. Gilmore
- ◆ Bette Picard in memory of Edward Picard
- ◆ Bernard Piccini in memory of Beverly Piccini
- ◆ Joanne Roche in memory of Neil J. Roche
- ◆ Shirley Borruso in memory of Joan Fagen & Dottie Fahey
- ◆ Claire Cox in memory of Pauline Robinson
- ◆ Barbara A. Deely in memory of "Al" Deely
- ◆ Tom & Kathy DeRosa in memory of Jane Christy
- ◆ Bill & Diane Howard in memory of Kenneth V. Howard, John W. Howard & Charlotte M. Howard
- ◆ Irene Jones in memory of Robert Jones
- ◆ Liz & Ed McGonagle in memory of Mary J. Flynn
- ◆ Lorraine Rojee in memory of Peg Sullivan
- ◆ Kirk & Pam Smith in memory of William Morrissey
- ◆ Joanne Yadisernia in memory of John Buchanio
- ◆ Lorna Doubet in memory of Frieda Symmes

FRANKLIN COUNCIL ON AGING

Officers:

Chairman..... Ken Norman
Vice-Chairman.....Bob Crowley
Secretary.....Barbara Deely

Members:

*Gail Chirdon, Mary Hick, Ron Higginbottom,
Lyn O'Brien, Suzanne Wade & Lester Quan*

Staff:

Certified DirectorKaren Alves
Program Coordinator.....Sue Barbour
Vet's Agent.....Dale Kurtz
Social Svc. Coordinators.....Maggie Gundersen
& Erin Rogers
Supportive Day Coordinators.....Carol Adiletto
& Donna Haynes
Supportive Day Program Aide.....Donna Brunelli
Health & Wellness Nurse.....Linda Hastings
Receptionists.....Claire Lewis
& Gloria Gelineau
Grill Cook.....Paul Ledwith
Respite Supervisor.....Camille Rubino
Respite Companions.....Karen Calabrese,
Mary Claire Flaherty & Susan LaRosa

The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and the Friends of Franklin Elders, Inc.

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

Pre-Sorted
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Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"


The Franklin Council on Aging meets on the second Tuesday of the month at 10 :00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and quality of life for Franklin older adults by:

- ◆ *Identifying the needs of this population and creating programs that meet those needs.*
- ◆ *Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.*
- ◆ *Advocating for relevant programs and services in our community.*
- ◆ *Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.*

And On The Lighter Side...

WORDS OF WISDOM & WHIMSEY

- ◆ You only need two tools in life, WD-40 and Duct Tape. If it doesn't move and should, use WD-40. If it moves and shouldn't, use Duct Tape.
 - ◆ During labor a woman's pain is so great, she can almost imagine what a man feels like when he has a fever.
 - ◆ Sometimes I shock myself at the smart things I say. Then there are times when I try to get out of my car with my seatbelt on.
 - ◆ Billion dollar idea. A smoke detector that shuts off when you yell, "I'm just cooking!"
 - ◆ My husband asked why the house isn't clean since I am home all day. I asked why we aren't rich since he's at work all day.
 - ◆ It's hard to win an argument with a smart person, but it's damn impossible to win an argument with a stupid person.
 - ◆ A recent study found that women who still have their baby weight live longer than those stinkers who mention it.
- 
- A cartoon illustration of a man in a suit and a woman in a shopping bag. The man is holding a yellow shopping bag and looking at it with a surprised expression. The woman is holding a pink shopping bag and looking at it with a surprised expression. They are both standing next to a green shopping bag.

